



Aquatics

FALL 2016

NOW OFFERING

**ONLINE
REGISTRATION!**

SEE PG. 2 FOR DETAILS



Town of Warrenton
Parks & Recreation Department
800 Waterloo Road, Warrenton, VA
540.349.2520
www.warrentonva.gov

REGISTRATION

Registering for swim lessons is as easy as 1 - 2 - 3!

1. Choose your Block - see page 5.
2. Choose your class based on age and ability level. See class descriptions on page 4.
3. Choose day(s) of the week and time slot based on the class and block of your choice, pages 6-7.

Scan with your smart phone to access all of the information from this booklet on the web!



Now Offering Online Registration!

To access Online Registration, go to **www.warfonline.com** or scan code below



If you've taken swim lessons at the WARF before, you already have an account. Click the "Forgot Password/ Create Logins?" link and enter your email address. Your temporary password will be emailed to you with instructions on logging into your account.

If it's your first time enrolling in swim lessons, become a Guest and fill out the requested information. After you've created/accessed your account, you will be able to register for classes. Please note that the account should be created for the person taking the class.

If you have problems or questions, please call 540-349-2520.

IMPORTANT INFORMATION:

STUDENT PLACEMENT & ADVANCEMENT

Please read the descriptions of each class to register for the appropriate skill level. Each level is based on a progression of swimming skills and **may need to be repeated until the student is comfortable enough with the skills to progress to the next level.**

PARENTS, GUARDIANS & GUESTS

During swim lessons, guardians may watch their children from the chairs on deck or the bleacher area. Patrons accompanying students in aquatics programs who would like to use the facility must pay general admission fees.

GOGGLES

It is recommended that students not wear goggles while in lower level classes. Goggles can be worn in Levels 3, 4, & 5, once students are working on developing and improving their strokes.

WAIT LISTS

If a class reaches the maximum number of participants, you have the option of going on a wait list or selecting a different class. Individuals on wait lists will be contacted if and when spots become available.

CLASS MAKE-UPS

You may only attend classes for which you are registered. No make-ups are allowed in other classes. If the WARF cancels a class, every effort will be made to provide a make-up class.

RETURNED CHECK FEE

Returned checks will result in a \$25 service fee. This fee will be payable by cash only. The WARF cannot re-deposit returned checks.

WHAT IS A BLOCK?

A block is a period of time when lessons are offered.

CANCELLATION AND REFUND POLICY

If you cancel your class prior to the close of registration, you will receive a credit for another class in another session. If the WARF cancels a class due to low enrollment and we cannot place you in another suitable class, you will receive a credit to another class in another session. If you are not able to participate in another session, please fill out a refund request form to be reviewed by management staff. Please allow 1-2 weeks for a check refund. If you cancel your class prior to the close of registration you will receive a refund minus a \$10.00 cancellation fee. No refunds are available once classes have begun.

CLASS MINIMUM REQUIREMENTS

All classes must meet the minimum number of participants requirement. If your class selection does not meet that requirement, you will be notified by phone or email prior to the scheduled start date. All classes that do not have the minimum number of participants will a) be combined with another similar class to meet the minimum requirements or b) be cancelled. If you have indicated on your registration form a second choice of class, we will move your child to that class and notify you of the change.

DIAPERS

Non-potty trained participants must wear snug fitting plastic pants and/or swim diapers under swim suit – no disposable or cloth diapers, please.

RED CROSS SWIM MOBILE APPLICATION

The Red Cross Swim Mobile App supports and promotes the American Red Cross Swimming and Water Safety program. Children learn about water safety through video segments and has age appropriate messaging and quizzes for the parent and child to complete together. The app can be found at www.redcross.org/prepare/mobile-apps and downloaded.

Class Descriptions

Please note that swim lesson participants may need to repeat lessons until the student is comfortable enough with the skills to progress to the next level.

parent & child (6 months - 3 years)

Water Firsts! Explore the wonders of the water through songs, toys and games. Adults learn proper holding techniques to provide a safe, secure and fun environment for their little ones.

preschool 1 (ages 3-5 years)

Preschooler new to swim lessons? While enjoying the water and gaining confidence, preschoolers learn basic skills including getting their faces wet, blowing bubbles and floating.

preschool 2 (ages 3-5 years)

Do you have a preschooler who doesn't mind getting their face wet? This class works on transitioning the preschooler into independent performance of skills. Skills include gliding, floating and using combined arm and leg actions. Skills can be performed with assistance from instructor.

preschool 3 (ages 3-5 years)

Is your preschooler water savvy and ready to swim unassisted? This class is for the independent preschooler. Preschoolers work on swimming 3-5 body lengths and floating on their backs for 15 seconds unassisted.

youth 1 (ages 6 - 14 years)

Is your child new to swim lessons and in need of a gentle introduction? Swimmers learn water safety skills, breathing, buoyancy, basic locomotion and gliding 2 body lengths.

youth 2 (ages 6 - 14 years)

Does your swimmer love to jump into the water? Swimmers continue water safety skills, breathing, buoyancy, locomotion and increase gliding skills to 5 body lengths and floating on their backs for 15 seconds. Rotary breathing, front, tuck and jelly fish floats are introduced.

youth 3 (ages 6 - 14 years)

Ready to develop your inner swimmer?
Does your swimmer swim front crawl 15 yards? Your swimmer will expand their stroke development with addition of elementary backstroke, scissor and breaststroke kick. Swimmers strive to improve their endurance, buoyancy, rotary breathing and front crawl. Progression of diving is introduced.

youth 4 (ages 6 - 14 years)

Ready to fly? Emphasis is on maintaining a strong front crawl and elementary backstroke, with the addition of breaststroke, sidestroke and butterfly!! Open turns and dives are practiced.

youth 5 (ages 6 - 14 years)

Ready to go the distance? Swimmers will work on previous level skills while adding more distance to established strokes, along with the addition of flip turns.

Fall 2016

BLOCKS & DATES

Block 1	Days	First Class	Last Class	Registration Opens/Closes		Holiday (no class)
	Thursday	15-Sept	20-Oct	18-July	6-Sept	
	Friday	16-Sept	21-Oct	18-July	6-Sept	
	Saturday	17-Sept	22-Oct	18-July	6-Sept	
	Sunday	18-Sept	23-Oct	18-July	6-Sept	

Block 2	Days	First Class	Last Class	Registration Opens/Closes		Holiday (no class)
	Thursday	3-Nov	15-Dec	18-July	25-Oct	24-Nov
	Friday	4-Nov	16-Dec	18-July	25-Oct	2-Dec
	Saturday	5-Nov	17-Dec	18-July	25-Oct	3-Dec
	Sunday	6-Nov	18-Dec	18-July	25-Oct	4-Dec

FEES

	Fee
Parent & Child 30 minute classes Preschool 30 minute classes	\$49.00
Youth 40 minute classes	\$65.00
Late Registration Fee	\$10.00
Transfer Fee	\$5.00

CLASS OFFERINGS

BY CLASS

Classes meet 1x each week for 6 weeks...Pick your day!

Parent & Child

Class	Class Code	Day	Time
Parent & Child	RHPC1	Thursday	1:20p-1:50p
Parent & Child	RPC1	Thursday	6:30p-7:00p
Parent & Child	FPC1	Friday	9:00a-9:30a
Parent & Child	SPC1	Saturday	8:50a-9:20a
Parent & Child	SPC2	Saturday	11:30a-12:00p
Parent & Child	SUPC1	Sunday	4:20p-4:50p

Preschool 1

Class	Class Code	Day	Time
Preschool 1	RHP11	Thursday	2:00p-2:30p
Preschool 1	RP11	Thursday	4:30p-5:00p
Preschool 1	FP11	Friday	9:40a-10:10a
Preschool 1	FP12	Friday	4:00p-4:30p
Preschool 1	SP11	Saturday	9:30a-10:00a

Preschool 2

Class	Class Code	Day	Time
Preschool 2	RHP21	Thursday	2:00p-2:30p
Preschool 2	RP21	Thursday	5:10p-5:40p
Preschool 2	FP21	Friday	10:20a-10:50a
Preschool 2	FP22	Friday	4:40p-5:10p
Preschool 2	SP21	Saturday	10:10a-10:40a
Preschool 2	SP22	Saturday	10:50a-11:20a
Preschool 2	SUP21	Sunday	3:40p-4:10p

Preschool 3

Class	Class Code	Day	Time
Preschool 3	RHP31	Thursday	1:20p-1:50p
Preschool 3	RP31	Thursday	5:50p-6:20p
Preschool 3	FP31	Friday	11:00a-11:30a
Preschool 3	FP32	Friday	3:50p-4:20p
Preschool 3	SP31	Saturday	10:10a-10:40a
Preschool 3	SP32	Saturday	10:50a-11:20a
Preschool 3	SUP31	Sunday	3:00p-3:30p

Youth 1

Class	Class Code	Day	Time
Youth 1	RHY11	Thursday	12:30p-1:10p
Youth 1	RY11	Thursday	6:10p-6:50p
Youth 1	FY11	Friday	6:10p-6:50p
Youth 1	SY11	Saturday	12:20p-1:00p

Youth 2

Class	Class Code	Day	Time
Youth 2	RHY21	Thursday	12:30p-1:10p
Youth 2	RY21	Thursday	5:20p-6:00p
Youth 2	RY22	Thursday	4:30p-5:10p
Youth 2	FY21	Friday	5:20p-6:00p
Youth 2	SY21	Saturday	11:30a-12:10p
Youth 2	SUY21	Sunday	2:10p-2:50p

Youth 3-5

Class	Class Code	Day	Time
Youth 3	RHY31	Thursday	11:40a-12:20p
Youth 4-5	RHY4-51	Thursday	11:40a-12:20p
Youth 3	RY31	Thursday	4:30p-5:10p
Youth 3	FY31	Friday	4:30p-5:10p
Youth 3	SY31	Saturday	8:10a-8:50a
Youth 3	SUY31	Sunday	1:20p-2:00p
Youth 4	FY41	Friday	5:20p-6:00p
Youth 4	SUY41	Sunday	12:30p-1:10p
Youth 5	FY51	Friday	6:10p-6:50p

←Block 2 ONLY

HOMESCHOOL CLASS OFFERINGS

BY CLASS

Homeschool-friendly classes are offered on Thursdays 11:40a-2:30p

Class	Class Code	Day	Time
Parent & Child	RHPC1	Thursday	1:20p-1:50p
Preschool 1	RHP11	Thursday	2:00p-2:30p
Preschool 2	RHP21	Thursday	2:00p-2:30p
Preschool 3	RHP31	Thursday	1:20p-1:50p
Youth 1	RHY11	Thursday	12:30p-1:10p
Youth 2	RHY21	Thursday	12:30p-1:10p
Youth 3	RHY31	Thursday	11:40a-12:20p
Youth 4-5	RHY4-51	Thursday	11:40a-12:20p



WARF Swim Club

Take the plunge into WARF SWIM CLUB where those who have completed Level 5 swim lessons (or equivalent) can refine their technique, build endurance and just have fun. Learn starts and turns, build skills, and stay in shape in a supportive environment. Proper stroke technique is emphasized, as each student learns to improve their swimming abilities. This is not a swim team, but is a good bridge for those who wish to work towards participating with a competitive swim team.

Prerequisite skills: Perform a shallow-angle dive into water of at least 9 feet deep, swim front crawl for 50 yards, then swim elementary back-stroke 50 yards using appropriate and efficient turning styles throughout. Swim breaststroke for 25 yards, change direction of travel as necessary and swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Evaluations are available, when needed, to assess swimming ability and placement in the Swim Club. Please see a Front Desk staff member for more information.

Block 1

Dates	Class Code	Days	Time	Cost
9/12-10/19	WSCMW1	Monday & Wednesday	6:30p - 7:30p*	\$149.00
9/17-10/22	WSCS1	Saturday	9:00a - 10:00a*	\$75.00

Block 2

Dates	Class Code	Days	Time	Cost
11/7-12/14	WSCMW2	Monday & Wednesday	6:30p - 7:30p*	\$149.00
11/5-12/17	WSCS2	Saturday	9:00a - 10:00a*	\$75.00

Registration Opens: July 18

*Please note there will be no Swim Club on Wednesday, November 23rd and Saturday, December 3rd.

High School Prep Program

Designed to get competitive swimmers back in the pool and ready to try out for their High School swim team. Are you a freshman, or new to trying out for the swim team? Swimmers will be working on stroke technique, starts and turns, and endurance. This is not a swim lesson. Prerequisite: Previous swim team experience is recommended. Swim 50 yards of any stroke in good form. High School Prep is an 8 week program with 16 classes.

Registration Opens July 18

September 12 - November 2*

Ages: 13-18

Days: Mon/Wed

Time: 7:30p-8:30p

Cost: \$195

Code: HSPMW1



Lifeguard Recertification Blended Learning

Participants must provide a current copy of American Red Cross Lifeguard certification and successfully pass the pre-requisite swim that will be administered at the start of the in-person skill session. This is a blended learning course. Participants will be sent a link and will be required to complete the classroom portion on-line. Please note: there will be an additional \$35 cost paid directly to American Red Cross upon on-line enrollment via instructor sent link. The one-day skills session will include First Aid/CPR/AED, & a Waterpark skills component. Participants should bring their own breathing barriers or may purchase one the day of class. Be sure to include an active email address at time of registration.

Prerequisite Swim: 300 yard continuous swim demonstrating breath control and rhythmic breathing (any combination of front crawl and breaststroke). Tread water for 2 minutes using only the legs. Timed event (1 min 40 sec): starting in water, swim 20 yds, retrieve 10 lb brick from depth of 7-11 ft and swim 20 yds back to side of pool and exit water.

Lifeguard Recertification Training

Register for class by November 21

Class	NovLGBL		
Sunday	7:00a - 6:00p	11/27	\$150.00

Instructor: Denise



BECOME A RED CROSS Lifeguard!



Get American Red Cross Lifeguard certified at the WARF and have the opportunity to work in a variety of exciting aquatic settings!

This course covers the fundamental skills required to become a Red Cross Certified Lifeguard. All students must be 15 years of age by the last day of class. Participants must register for the prerequisite swim. If participant passes the prerequisite swim, they can then enroll & pay for the Lifeguard class. A loaner hard copy textbook will be made available to participants. Be sure to include an active email address at time of registration. This course includes: First Aid/CPR/AED, & a Waterpark skills component.

Prerequisite Swim: 300 yard continuous swim demonstrating breath control and rhythmic breathing (any combination of front crawl and breaststroke). Tread water for 2 minutes using only the legs. Timed event (1 min 40 sec): starting in water, swim 20 yds, retrieve 10 lb brick from depth of 11 ft and swim 20 yds back to side of pool and exit water. Those wishing to practice brick retrieval prior to prerequisite can go to the guard office and request brick.

DECEMBER CLASS

Register for class by December 19

Prerequisite	DecLGpre		
Monday	6:00p - 7:30p	12/26	\$50.00*
Class	DecLG		
Tuesday	8:30a - 4:00p	12/27	\$175.00
Wednesday	8:30a - 4:00p	12/28	
Thursday	8:30a - 4:00p	12/29	
Friday	8:30a - 4:00p	12/30	

*Prerequisite non-refundable



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